

Why Worry

Discussion Notes | July 13, 2025

1. If worry burned calories, what would you be in Olympic shape over?

Worry is something we all face, but Jesus reminds us it doesn't help or add anything to our lives. Worry is a human invention—something we create when we forget that God is in control and already knows what we need. When we shift our focus from our problems to seeking God's Kingdom, we find peace in knowing He already has us in His hands.

Read Matthew 6:25-34

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you."

In this passage, Jesus reminds us that worry doesn't help and isn't needed for those who trust in God. He points to the birds and flowers as proof of God's faithful care—and assures us that we are even more valuable. Worry adds nothing to our lives and distracts us from what matters most. Jesus challenges His listeners to live differently than the world around them, trusting their heavenly Father instead of reacting in fear.

2. How do you understand the idea that worry is something we create ourselves?

Read Philipians 4:4-7, 11-13

"Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus... Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me."

Paul's letter to the Philippians is a joyful letter encouraging believers to stand firm in faith and unity. In chapter 4, he addresses common human struggles like anxiety and worry by pointing believers to prayer and God's peace. He models contentment by showing how reliance on Christ enables him to endure all circumstances with strength and joy. Paul wrote this letter while being imprisoned. Despite

his own difficult circumstances, his instruction to “not worry” carries even greater weight—showing that his peace and confidence come not from his situation, but from his deep trust in God. This makes his encouragement to the believers all the more powerful, reminding them that worry is unnecessary when they rely on God’s provision and peace, even amid trials. Paul understood what it meant to have an eternal focus.

3. How does eternal focus help us overcome daily anxieties?

Read Proverbs 3:5-8

“Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the LORD, and turn away from evil. It will be healing to your flesh and refreshment to your bones.”

This scripture is a well-known reminder to trust God wholeheartedly and not rely on our own understanding. However, verse 8 often gets overlooked—it shows us that trusting God not only brings guidance but also health and healing to our bodies and strength to our souls. Worry doesn’t just affect our minds—it also impacts our bodies physically. Scientific studies show that chronic worry can increase stress hormones like cortisol, which may lead to headaches, fatigue, and even weaken our immune system. When we choose to release our worries to God, we’re protecting not only our peace of mind but our physical health as well. Worry adds nothing to our lives, but actually can take things away.

4. Why do you think worry is such a common struggle, even for believers? What effects of worry have you noticed in your own life—emotionally, physically, or spiritually?

Read Isaiah 26:3-4

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the LORD forever, for the LORD GOD is an everlasting rock.”

Isaiah shows us that keeping our minds focused on God brings perfect peace because our trust is in Him. When worry tries to steal our attention, choosing to fix our thoughts on God helps us experience the deep peace only He can give.

5. What are some ways you can keep your mind focused on God when worry tries to take over, and how can this community support you in that?

Closing/Prayer

- Pray for God to help us trust Him fully and release our worries.
- Pray for peace that surpasses understanding to guard our hearts and minds.
- Pray for a focused mind that seeks God’s Kingdom above all else.